

# PROTECT YOURSELF



## PREVENT mosquito bites

- ✓ Use bug spray containing DEET - Follow directions.
- ✓ Use protective netting with infants.
- ✓ Wear long-sleeved tops and long pants.
- ✓ Repair your screens.

## PREVENT breeding grounds

- ✓ Empty items around your yard that collect water.
- ✓ Keep gutters clean.
- ✓ Help your neighbors do the same.

For more information, call 1-800-942-7434 or  
visit the HEALTH website at [www.healthri.org](http://www.healthri.org)

